

**Year 2010 Health Objectives for the Nation:
Summary of 2003 BRFSS¹ Data for Montana Adults with and without Disability**

Healthy People 2010 ² Objective and Year 2010 Target		Montana Adults	– with Disability	– without Disability
1-1.	Increase the proportion of persons with health insurance to 100 percent.	81%	82%	81%
1-5.	Increase the proportion of persons with a usual primary care provider to 85 percent.	73%	83%	71%
2-2.	Reduce the proportion of adults with chronic joint symptoms who experience a limitation in activity due to arthritis to 21 percent.	28%	61%	12%
2-5.	Increase the employment rate among adults with arthritis in the working-aged population (age 18-64) to 78 percent.	63%	44%	73%
5-3.	Reduce the overall rate of diabetes that is clinically diagnosed to 25 cases per 1000 population.	55 per 1000	106 per 1000	42 per 1000
12-9.	Reduce the proportion of adults with high blood pressure to 16 percent.	21%	37%	17%
12-14.	Reduce the proportion of adults with high total blood cholesterol levels to 17 percent.	30%	39%	27%
12-15.	Increase the proportion of adults who have had their blood cholesterol checked within the past five years to 80 percent.	70%	75%	69%
14-29a.	Increase the proportion of adults who are vaccinated annually against influenza to 90 percent (age 65 and older).	73%	78%	70%
14-29b.	Increase the proportion of adults ever vaccinated against pneumococcal disease to 90 percent (age 65 and older).	69%	76%	66%
19-1.	Increase the proportion of adults who are at a healthy weight to 60 percent.	43%	34%	46%
19-2.	Reduce the proportion of adults who are obese to 15 percent.	19%	28%	16%
22-1.	Reduce the proportion of adults who engage in no leisure-time physical activity to 20 percent.	20%	34%	17%
22-2.	Increase the proportion of adults who engage in regular, moderate physical activity to 30 percent.	59%	49%	61%
26-11c.	Reduce the proportion of adults engaging in binge drinking in the past month to 6 percent.	19%	14%	21%
27-1a.	Reduce cigarette smoking by adults to 12 percent.	20%	24%	19%

¹ Behavioral Risk Factor Surveillance System

² Public Health Service. Healthy People 2010: National Health Promotion and Disease Prevention Objectives – full report with commentary. Washington, DC: U.S. Department of Health and Human Services, 2000.

Summary and Highlights

Montana adults with disability compared positively to those without disability in attaining *certain* Healthy People 2010 objectives. Adults with disability were more likely to have:

- A usual primary health care provider;
- Regular blood cholesterol screening;
- Immunizations against influenza and pneumococcal disease;
- A lower overall prevalence of binge drinking.

Conversely, Montana adults with disability reported significant health gaps and disparities in the attainment of other Healthy People 2010 objectives—particularly those related to chronic joint symptoms and diabetes. In summary, adults with disability in Montana were more likely to:

- Have chronic joint symptoms and arthritis;
- Report clinically diagnosed diabetes;
- Have high blood pressure or blood cholesterol;
- Be obese;
- Not engage in leisure-time physical activity;
- Sustain fall-related injuries;
- Smoke cigarettes.

Focusing on reducing these gaps and disparities could contribute substantially to achieving Healthy People 2010 objectives in Montana, and more importantly, to improving the health and well-being of Montana adults with disability.

The table on the preceding page—*Year 2010 Health Objectives for the Nation: Summary of 2003 BRFSS Data for Montana Adults with and without Disability*—highlights and augments the Healthy People 2010 information presented in this report.